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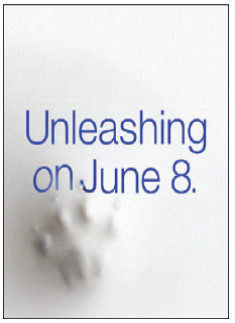
Celebrity Buzz

Judge lays down law on Lohan
pg 21



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Local pg 3

Emery enters guilty plea

Sports pg 15

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JEFF HODSON/METRO VANCOUVER

City workers construct a barrier along Dunsmuir Street yesterday as part of a dedicated bicycle lane trial that will separate cyclists from motorists.

Dunsmuir bike lane on fast track

Rush on for June 15 completion

JEFF HODSON
jeff.hodson@metronews.ca

Work has hurriedly begun on a dedicated bike lane through downtown Vancouver only days after it was unanimously passed by city councillors.

City crews even worked over the Victoria Day holiday, assembling rebar and wooden pour forms in preparation of a concrete barrier that will separate cyclists from vehicles along Dunsmuir Street.

The $810,000, two-way separated bike lane is aimed for completion by June 15, the mid-point of Vancouver's bike month. It removes one vehicle lane along Dunsmuir between Beatty to Hornby streets.

"To me, this goes deeper in some respects than we did with the Burrard Street Bridge," said Coun. Geoff Meggs.

"Really, it's going right into the heart of the city which was originally designed before the era of the automobile."

Dunsmuir was chosen, he added, because it minimizes the impact on transit. Construction means that a number of buses, including the 210, 211 and 214, have been rerouted along Pender Street.

The cycling lane also means right-hand turn restrictions and a loss of 13 parking spots. It will also affect a taxi zone outside the St. Regis Hotel and valet parking for a couple of clubs, he added.

A troubleshooter is ready to work with impacted businesses and motorists to find solutions that don't compromise the lane trial, Meggs said.

During construction, the usual three traffic lanes will converge into a single traffic lane.

Over the next three weeks it could translate in long delays for motorists.

Meggs said he has his fingers crossed that traffic won't be too badly impacted during construction and said the real impact won't be known until after the middle of June.

Canada sets sanctions against North Korea for sinking

STATEMENT Canada is imposing sanctions on North Korea for the sinking of a South Korean naval vessel in March.

Prime Minister Stephen Harper says in a statement issued yesterday that the sanctions will include enhanced restrictions on trade, investment and other bilateral relations with North Korea. The government will also suspend high-level visits to Canada by North Korean officials.

The sinking of the Cheonan on March 26 near the Koreas' western maritime border killed 46 sailors. Three experts from the Canadian Navy joined the multinational team that investigated the incident, and concluded the warship was sunk by a torpedo.

Harper's statement says, "Canada has condemned the reckless North Korean regime for this egregious violation of international law and its blatant disregard of its international obligations."

He pledged Canada's support of South Korean President Lee Myung-bak's decision to respond decisively to the "act of aggression."

The statement adds that Canada is committed to a co-ordinated international response, including through the United Nations Security Council.

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MORE COVERAGE, PAGE 10

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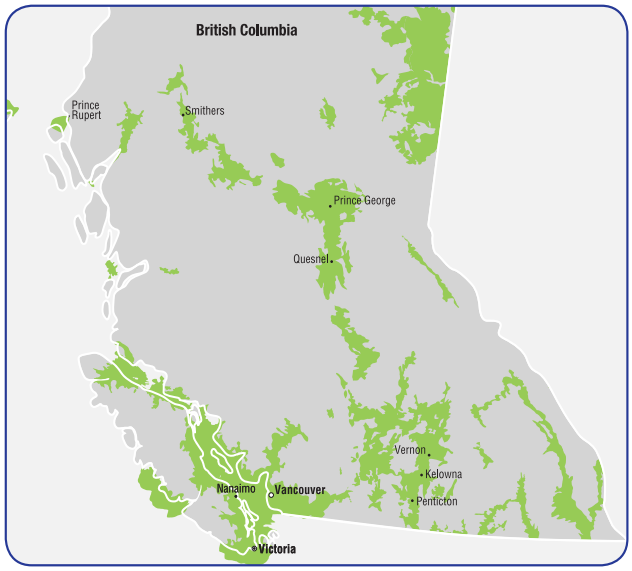

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Local

B.C. Ferries discounts on offer

Starting today, B.C. Ferries is offering summer discounts on weekday travel between Vancouver and Victoria, and Vancouver and Nanaimo. Adults pay $9.95 and $39.95 for a car and driver on Tuesdays, Wednesdays and Thursdays. That's $4.05 and $21.25 less than regular fares.

METRO VANCOUVER

Teenage stabbing victim identified

CRIME Police have identified a 17-year-old girl who was stabbed to death at a Vancouver house party.

Angela Qiu of Surrey was found dying on the sidewalk outside the home on Knight Street early Friday after a fight broke out.

A 16-year-old girl was also stabbed, but treated in hospital and released.

Police say witnesses allege a third girl attacked the two victims.

About 40 teens, who police described as "intoxicated," were at the rental home in south Vancouver when police arrived.

The death is the city's fifth homicide this year.

THE CANADIAN PRESS

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WHAT'S ONLINE TODAY

Videos MetroTube of the day and past videos

Blogs Global Peasant rekindles her romance with a little-used kitchen utensil and Sexcetera touches on the thorny issue of religion and marriage

Lotteries

Friday, May 21
Lotto Max: 14, 16, 30, 35, 36, 45 & 49 Bonus 10
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Lotto 6/49: 7, 8, 19, 23, 30 & 46 Bonus 4
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Extra: 60, 69, 88, 99
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JEFF HODSON/METRO VANCOUVER

Federal Heritage Minister James Moore arrives at a press conference at Air Canada's cargo facility at YVR yesterday.

Air cargo clampdown

Mandatory screening part of $95.7M program

All cargo shipped by air in Canada will have to pass security screening within five years, Heritage Minister James Moore announced yesterday at Vancouver's airport.

The $95.7-million Air Cargo Security Program will be phased in over the next half decade. By 2015, all air cargo will be screened.

Moore, who made the announcement at the Air Canada cargo facility at Vancouver International Airport, said security reasons prevented him from disclosing what percentage of air cargo is currently screened.

"We must remember that terrorism is not just something that happens somewhere else to someone else," Moore said.

"Intelligence experts in Canada and abroad have told us that civil aviation remains a favourite target for terrorists globally."

The funding will enhance training programs and allow for new screening technology. Companies will require full security checks. The screening program will be compatible with major trading partners.

"About 75 per cent of air cargo is actually transported on passenger planes," Moore said. "So to secure air cargo is to secure the air-transport system itself. Passengers are going to want this new security system as well."

JEFF HODSON/ METRO VANCOUVER

Commodities

- $96.5-billion worth of goods per year is shipped through the air in Canada, Heritage Minister James Moore said.
- In 2008, 85,000 tonnes of commodities moved through YVR.

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Emery enters guilty plea to drug charge in Seattle court

POT Marc Emery will be heading to prison after pleading guilty yesterday to selling marijuana seeds from Canada to American customers, under an agreement with U.S. prosecutors.

The 52-year-old will receive a five-year prison sentence in exchange for his admission in U.S. District Court in Seattle to one count of conspiracy to manufacture marijuana.

"Sometimes you reap what you sow," U.S. attorney Jenny A. Durkan said in a news release from the U.S. Department of Justice.

"Seeds from Marc Emery's business were found at grow sites across the United States. Mr. Emery made millions of dollars promoting and facilitating marijuana grows in the United States with no regard for the age or criminal activities of his customers."

Emery was handed over to U.S. authorities last Thursday after the federal justice minister ordered his extradition, ending a years-long battle to stay in Canada.

The longtime pot activist, who calls himself the Prince of Pot, reached a plea bargain last year to serve five years in jail.

Emery will stay in custody at the SeaTac Federal Detention Centre in Washington until his sentencing on Aug. 27. He'll then pursue serving the term in Canada, his lawyer said.

THE CANADIAN PRESS

Restitution promised after ticket snag

CANADA LINE TransLink said it will reimburse people who overpaid yesterday when Ticked Vending Machines on the Canada Line were not programmed for holiday fares.

Spokesperson Drew Snider said customers who purchased a multi-zone ticket can call to get reimbursed in the form of a FareSaver ticket.

TransLink charges lower fares on Sundays and holidays when fewer trains and buses are operated.

Snider said signs were posted at Canada Line stations indicating people only needed to buy a one-zone fare and that Transit Police were aware of the issue when they conducted fare checks.

METRO VANCOUVER

News in brief

DEATH Police in West Vancouver are investigating the death of a scuba diver whose friend tried to save him in vain. Sgt. Ed Pearce said the two men were diving near Sunset Marina, where one of them failed to surface on Friday night.

SEX TOURISM A Burnaby father of three has pleaded guilty to sex tourism charges involving 14 underage girls in Cambodia and Colombia between 1998 and 2002. Kenneth Klassen will be sentenced in July.

METRO NEWS SERVICES

Winter Olympics spiked TransLink traffic 51 per cent: Officials

TransLink says more people have been taking transit this year, with the Winter Olympics providing the largest boost. Ridership in January rose 3.1 per cent before it spiked by almost 51 per cent in February, compared to the same period in 2009. Ridership remained strong in March with 19.3 per cent more people choosing to ride the line. METRO VANCOUVER

News in brief

ROBBERY A taxi driver was hit in the head then robbed after picking up six men in Chilliwack on Sunday, RCMP said yesterday. When the driver attempted to confront the men outside the taxi, they vandalized his car.

G8 PROTEST Three men and three women were arrested while trying to storm the Fairmont Waterfront Hotel near Canada Place. Police say a number of people in Friday's protest against the G8 wore masks and some were recognized as having been involved in past protests.

METRO NEWS SERVICES

Escort planes cost $42,660

THREAT The tally is in for the cost of dispatching two Canadian fighter jets to escort a Cathay Pacific plane to Vancouver International Airport after last weekend's bomb threat.

The total: $42,660 for two CF-18 Hornets jets for the hour-long mission, says Maj. Holly Apostoliuk of the North American Aerospace Defence Command. The jets escorted the passenger plane to Vancouver, but didn't land with it.

On the ground, RCMP found no explosives aboard the plane from Hong Kong, but the incident meant passengers spent hours waiting for their luggage to be released. THE CANADIAN PRESS

B.C. bomb threats

- RCMP Cpl. Annie Linteau said 590 bomb threats were recorded in B.C. between 2001 and 2009.
- The number ranges from a high of 119 in 2001 to a low of 31 in 2003.

Officials investigating case of 3-year-old girl

Children's Ministry officials are looking into why a three-year-old girl was found alone in the Downtown Eastside at dusk last week.

The child, who was reunited with her mother Friday morning, was found wearing a flowered coat and clutching a doll after apparently being left home alone overnight, according to Vancouver police.

Const. Jana McGuinness said the girl was found Thursday evening and spent the night in foster care.

"She was fine, she was safe," McGuinness said. "I don't know if she'd put her coat on herself or what. She was dressed for being outside.

"It's a little bit of a mystery, how she ended up clothed and on her own, but she was fine."

COURTESY OF VPD

This three-year-old girl was found alone on East Pender Street Thursday night.

Officers were out looking for the mother Friday morning when they found the woman as she was searching for her daughter.

"It's a little bit of a mystery, how she ended up clothed and on her own, but she was fine."
Const. Jana McGuinness

McGuinness said police are leaving it to Children's Ministry officials to sort out why the mother would leave her daughter by herself.

The ministry said in a statement that in cases like this, social workers will conduct an assessment to determine if there are any child protection concerns. METRO VANCOUVER

Vernon land slated for park may harbour explosives

WEAPONS The City of Vernon is looking to turn land that the Department of National Defence has used for military training into a nature park.

There's just one problem — the DND says the 56-hectare plot might still be littered with explosives similar to those that have cost eight area residents their lives since the Second World War.

Roses Pond is now home to several different types of wildlife, but starting in 1942, the area around it was used by Canadian soldiers conducting training exercises. Those exercises involved anything from small arms to anti-tank munitions to grenades and mortar shells.

DND officials admit they don't know where the unexploded material might be or even how much of it there is.

DND officials have now started researching the area and as part of that survey, they must excavate all the metal objects they can find, from mortar shells to pop cans.

Vernon Mayor Wayne Lippert admits he'll always be a little nervous when someone heads to Roses Pond, but the city hopes the project will help draw more tourists.

THE CANADIAN PRESS

RCMP lecture high schoolers over alleged contest

SCHOOL A game in which Grade 11 and 12 boys compete to see who can have sex with the most Grade 8 girls has prompted Surrey RCMP to educate the boys about the legal implications.

School district officials first learned from Facebook about the illegal contest involving boys in senior grades at Lord Teedsmuir Secondary in Cloverdale. There are no known victims and parents were informed by letter about the incident.

Counsellors have spoken with Grade 8 students at the school and Mounties have also begun meeting with boys in Grades 11 and 12 to warn them about the legal implications of having sex with minors.

THE CANADIAN PRESS

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Travel warning issued for Kingston, Jamaica

Canadian travellers are being advised not to visit Kingston, Jamaica, after at least three people were killed in an outbreak of violence by suspected supporters of an alleged drug lord who faces extradition to the United States. THE CANADIAN PRESS

Canada

N.S. politicians want audit to go on

Nova Scotia politicians mired in an expense scandal are urging their federal counterparts to stop blocking an audit of their spending habits. Bill Estabrooks, Nova Scotia's NDP energy minister, says the members of Parliament who sit on the all-party internal economy board were wrong to deny the federal auditor general's request to submit MPs' expenses to a performance audit.

THE CANADIAN PRESS

Feds mull axing tax breaks for oilsands

Canada is contemplating taking the lead on a key G20 pledge by announcing the elimination of some tax breaks for the oil patch prior to the June summit in Toronto, The Canadian Press has learned.

G20 leaders agreed last September in Pittsburgh they would reduce distorting fossil fuel subsidies over the medium term and pledged to present concrete national plans in Toronto.

But sources say Ottawa wants to get ahead of the pack. They say senior officials are studying a proposal that would see Ottawa announce plans to reduce tax support for the oil and gas sector prior to the summit. At stake is hundreds of millions of dollars in foregone tax revenue every year, sources say.

"This is unilaterally in our interest to do this, so let's just do it," said one insider.

In the meantime, negotiators have agreed how best to define what a constitutes a fossil fuel subsidy. While some G20 countries have argued that only consumption subsidies be targeted, others insisted, successfully, that production subsidies also be included.

Since Canada encourages fossil fuel production mainly through the federal and provincial tax systems, Ottawa is on the hook, says Mark Halle, executive director of the International Institute for Sustainable Development. The IISD, based in Geneva, has used its research to support the G20 negotiations on fossil fuel subsidies.

THE CANADIAN PRESS

ScanLife

Canadian in Bangkok among wave of reporters taking lumps in global hot spots.

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Ottawa **Deep recovery**

PAWEL DWULIT/THE CANADIAN PRESS

A Ottawa police diver with the Underwater Search and Recovery Unit follows a marker where friends last saw a 26-year-old man swimming in the Ottawa River at Petrie Island in Ottawa yesterday. The man was reported missing after he went swimming near the shore shortly after noon. His body was recovered five hours later.

News in brief

VISIT Ontario Premier Dalton McGuinty came to one of the oldest cities in the world to discuss a future of clean water and green energy with Israeli Prime Minister Benjamin Netanyahu. McGuinty, who has been treated like a head of state in his trade tour of Israel, pointedly did not discuss politics. "We didn't get into that at all," he told reporters yesterday at the Jaffa Gate before privately touring Jerusalem. "When it comes to building an economy we're actually on the same track and we can and should do more together."

GUILTY PLEA DEAL News reports say Peter Pocklington has reached a plea agreement with U.S. authorities in a bid to avoid jail time. The former owner of the NHL's Edmonton Oilers is pledging to turn over two of his five Stanley Cup rings, artwork and pay the U.S. taxes he owes. Pocklington, who has been living in California since 2002, agreed to plead guilty to perjury and acknowledge he concealed from a bankruptcy trustee two bank accounts, according to the plea agreement filed in U.S. District Court.

THE CANADIAN PRESS

'Gentle Giant' dies in IED blast

KILLED A "Gentle Giant" who fought hardship on the battlefield without a word of complaint was killed yesterday by an improvised explosive device, the fourth member of the Canadian military to die in Afghanistan this month.

Trooper Larry Rudd

Trooper Larry Rudd, 26, a native of Brantford, Ont., died at 12:30 p.m. local time after an IED detonated near the Panjwaii district village of Salavat, about 20 kilometres southwest of Kandahar city, while he was on a combat resupply patrol.

"Trooper Rudd will be remembered by the soldiers that served alongside him as a professional soldier who never complained regardless of the hardship that he and his crew endured," Col. Simon Hetherington, deputy commander of Task Force Kandahar, told a news conference at Kandahar Airfield.

Among his military comrades with the Petawawa, Ont.-based Royal Canadian Dragoons, Rudd stood taller than most — both in physicality and maturity.

"Larry was mature well beyond his rank and experience, and demonstrated enormous potential within the armoured corps and certainly within his regiment," Hetherington said.

Prime Minister Stephen Harper issued a statement offering condolences to Rudd's loved ones.

"We are deeply saddened by your loss. Please be reassured by knowing that the country stands behind you in these most trying times," Harper said.

"The commitment and sacrifice demonstrated by the brave men and women of the Canadian Forces is a great source of pride to all Canadians. We are eternally grateful for the sacrifices made by Trooper Rudd. He will not be forgotten."

Defence Minister Peter MacKay called Rudd's death "a tragic loss for the Canadian Forces and all of Canada."

Rudd's death is the latest sign that the insurgent fighting season has begun.

THE CANADIAN PRESS

Lethal weapons

- More Canadian military personnel have been killed as a result of an IED blast than from any other cause.

Move aims to hush politicos

COMMITTEES Another confrontation is brewing between the Harper government and opposition parties, with the Conservatives banning political staffers from appearing before parliamentary committees.

The Conservatives are expected to unveil a new policy on the issue today, when Parliament returns from a one-week break, said a spokesman for the prime minister.

"Ministers are the ones who are accountable for the policies, the operation and the decisions made by their staffers," said Stephen Harper's director of communications, Dimitri Soudas.

THE CANADIAN PRESS

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Metro May 19/10

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Body found in Lake Ontario
Toronto police have been in touch with other police forces as a coroner chipped away at the concrete-encased body found in Lake Ontario on Sunday. THE CANADIAN PRESS

THE CANADIAN PRESS FILE PHOTOS

Five-year-old girl Tamara Smith lies with her teddy bear as she is taken to an evacuation helicopter at the South Grey Bruce Health Centre in Walkerton, Ont., on May 25, 2000. Inset: A healthy Tamara Smith, 15, is seen in Walkerton in May 2010.

Walkerton teenager healthy 10 years on

Photo showed impact of tainted tap water

Perhaps more than any other image, the newspaper picture of a little girl on a stretcher next to a wide-eyed teddy bear jolted the outside world to the magnitude of the unfolding tragedy that was Walkerton 10 years ago.

Her small pale face shows distress and fear as she is carried to an air ambulance for a flight to hospital and into the unknown.

"I was really sick, not feeling good — and scared," says Tamara Smith, the five-year-old girl on the stretcher.

"I didn't know what was going on."

Today, Tamara is a healthy 15-year-old. Her two-week hospital stay is a slowly fading memory, much like the clipping of that iconic photograph her dad, Brad Smith, still carries in his wallet. But she cannot forget.

"I talk about it with my friends sometimes. I talk about it with my mom and dad a lot."

Tamara was one of 2,500 people sickened by tainted tap water in the midwestern Ontario town of 5,000 over the May long weekend exactly a decade ago. Seven people died, the result of E. coli poisoning from cow manure washed by torrential rains into a vulnerable town well.

A judicial inquiry would pin the tragedy on the brothers who ran the town's water system; sloppy practices and oversight by the Ministry of the Environment; and budget cuts by the Conservative government of then premier Mike Harris.

Former utilities manager Stan Koebel, now 57, was given a one-year sentence after he and younger brother Frank pleaded guilty to common nuisance. THE CANADIAN PRESS

Feds ignored advice on abortion: Docs

G8 Newly released documents show the Harper government was disregarding advice from its own public servants when it excluded abortion funding from its G8 maternal-health initiative.

The Canadian Press has learned abortion was among the measures Canada's development agency recommended to Ottawa for its initiative targets.

Briefing notes prepared in January for International Co-operation Minister Bev Oda show access to safe abortion services would save numerous lives in developing countries. THE CANADIAN PRESS

NATO orders down blog after injury report

MILITARY NATO officials ordered a British military blog entry pulled down yesterday after it reported that Canadians and Americans were among more than a dozen coalition troops wounded in a Taliban rocket attack at Kandahar Airfield.

The Helmand Blog, run by several branches of the U.K. military both in England and Afghanistan, said insurgents attacked the base from two locations Saturday night, injuring 13 people from American and Canadian military contingents.

The blog quoted Senior Aircraftsman Eric Telford, 24, from 2nd Squadron of the Royal Air Force, as saying he rushed to the site of the attack and applied a tourniquet to a wounded female Canadian soldier.

Hours later, the entry was yanked after the International Security Assistance Force said it was posted without approval. THE CANADIAN PRESS

Policy

- The Canadian Forces also has a policy against releasing information about wounded troops because it does not want insurgents to link the number of injuries with any specific incident.

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Comment

Chrétien still hanging around

NationalReport
Lawrence Martin

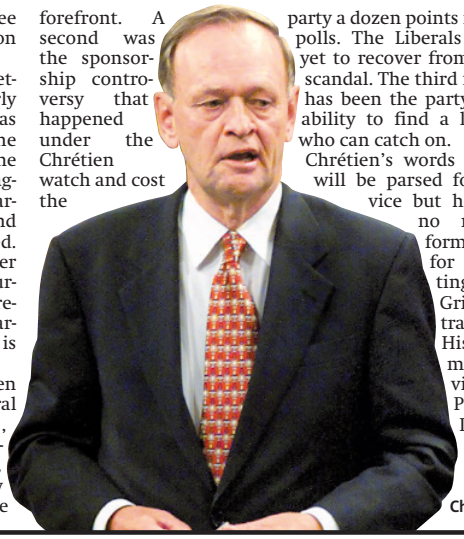
metronews.ca/nationalreport

It's Jean Chrétien's day today. The old warrior's portrait, which is to be hung in the halls of Parliament, will be unveiled in a ceremony hosted by Prime Minister Stephen Harper tonight.

A safe bet is there will be a lot of Liberals in attendance wishing Chrétien was still around. "Ah, the good old days." That will be the phrase on everyone's lips as his three straight majority election victories are recalled.

His legacy is getting better with time, particularly on account of what has happened since he stepped down in 2003. The once proud party has staggered ever since. Paul Martin won a minority and then was defeated. Stéphane Dion took over and the party declined further. Michael Ignatieff replaced Dion and the party's latest poll standing is at 25 per cent.

Three factors have been at the root of the Liberal decline. One was 9-11, which changed the personality of the times, hoisting the security agenda forever to the forefront. A second was the sponsorship controversy that happened under the Chrétien watch and cost the party a dozen points in the polls. The Liberals have yet to recover from that scandal. The third factor has been the party's inability to find a leader who can catch on.


Jean Chrétien

Chrétien's words today will be parsed for advice but he has no magic formula for getting the Grits on track. His former adviser, Peter Donolo, is now chief of staff to Ignatieff. There is no doubt the former prime minister has had an opportunity to offer his counsel.

One piece of encouragement Chrétien will be able to provide is a reference to his own experience. He served as opposition leader for three years and had a terrible time almost every step of the way and won.

Another sign of hope is the party's major opponent isn't exactly setting the world on fire. Since coming to power in 2006, the Conservatives have averaged only about 35 per cent support in the polls. Try finding any other government in Canadian history with rankings that low for so long a period.

What helped Chrétien enormously was the roll of fortune. He knows well that you have to have breaks to win in this game. He got his with the complete collapse of the Tory party in 1993.

The little guy from Shawinigan, however, had qualities the succeeding Liberal leaders have lacked. He was a strong character with homespun personal appeal. He embodied good old-fashioned Canadian grit.

Stephen Harper is seen as the guy with grit now.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Worth mentioning

Feds fighting against Net misinformation

The next time you post an opinion in an online forum or a Facebook group message board, don't be surprised if you get a rebuttal from a federal employee.

The government is looking for ways to monitor online chatter about political issues and correct what it perceives as misinformation.

The move started recently with a pilot project on the East Coast seal hunt. A Toronto-based company called Social Media Group has been hired to help counter some information put forward by the anti-sealing movement.

The Department of Foreign Affairs and International Trade has paid the firm $75,000 "to monitor social activity and help identify ... areas where misinformation is being presented and repeated as fact," Simone MacAndrew, a department spokesperson, wrote in an email.

The firm alerts the government to questionable online comments and then employees in Foreign Affairs or the Department of Fisheries and Oceans, who have recently been trained in online posting, point the authors to information the government considers more accurate.

It appears to be just the beginning.

The seal hunt pilot project was set up in part "to establish foundations and recommendations for future programs and campaigns to use social media as another way to listen to, inform and engage with Canadians," MacAndrew added.

For some, the move to online monitoring was to be expected.

"I think we're seeing the government recognize that millions of Canadians are actively participating online in social networks," said Michael Geist, a law professor at the University of Ottawa who specializes in Internet law.

"We've had Facebook groups in Canada that have grown to the tens of thousands or hundreds of thousands of people, and they've clearly had a direct impact on public policy."

Some groups are wary of government employees being paid to post comments.

"I would certainly hope they would be up front about who they are," said Sheryl Fink, a senior researcher with the International Fund for Animal Welfare, a group that has long opposed the seal hunt.

THE CANADIAN PRESS

MICHAEL DE ADDER

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Nine face arraignment over accessing Obama's student loan records
Nine people accused of accessing U.S. President Barack Obama's student loan records in Iowa are to be arraigned on federal charges. THE ASSOCIATED PRESS

World

Fergie's folly caught on tape

A spokeswoman says Duchess of York Sarah Ferguson is devastated after she was secretly recorded apparently offering to sell access to her ex-husband Prince Andrew in return for 500,000 pounds (about $725,000). The tabloid News of the World posted video on its website Sunday that appears to show Ferguson, left, discussing payment terms. She is heard to say "500,000 pounds when you can, to me, open doors." THE ASSOCIATED PRESS

AIJAZ RAHI/THE ASSOCIATED PRESS

Relatives of passengers who died in Saturday's Air India Express plane crash attend their funeral in Mangalore, India, yesterday.

Human error may have caused crash

INDIA Human error might have caused the crash of an Air India Boeing 737-800 plane that killed 158 people over the weekend, India's civil aviation minister said yesterday.

Weather conditions and other factors at the time the plane reached its destination "looked absolutely normal for a regular touchdown and a safe landing," Civil Aviation Minister Praful Patel told the CNN-IBN television news channel.

"You can't rule out a human error factor," Patel said.

Only an inquiry could establish what exactly went wrong as the aircraft overshot the hilltop runway and crashed and plunged over a cliff and into a ravine at dawn Saturday on the outskirts of the southern Indian city of Mangalore, he said.

THE ASSOCIATED PRESS

'Critical turning point'

South Korea won U.S. support yesterday for slashing trade to North Korea and vowed to haul its communist neighbour before the UN Security Council for a torpedo attack that sank a South Korean warship and killed 46 sailors.

UN Secretary-General Ban Ki-moon said he expects the Security Council to take action against North Korea, calling the evidence that the North was responsible "overwhelming and deeply troubling."

President Lee Myung-bak laid out the economic and diplomatic measures aimed at striking back at the impoverished North, including halting some trade and taking the regime before the Security Council.

International investigators concluded last week that a torpedo from a North Korean submarine tore apart the warship Cheonan on March 26 in the Yellow Sea off the west coast in one of South Korea's worst military disasters since the 1950-53 Korean War.

"We have always tolerated North Korea's brutality, time and again. We did so because we have always had a genuine longing for peace on the Korean peninsula," Lee said in a solemn speech at the War Memorial. "But now things are different. North Korea will pay a price corresponding to its provocative acts," he said, calling it a "critical turning point" on the tense Korean peninsula, still technically in a state of war because the fighting ended in a truce, not a peace treaty.

The truce prohibits South Korea from waging a unilateral military attack, so Seoul sought to strike at Pyongyang's faltering economy. Despite their rivalry, South Korea has been Pyongyang's No. 2 trading partner.

THE ASSOCIATED PRESS

Trade to be stopped

- South Korea buys shellfish, seafood products, zinc, sand, coal and other products from the North, but those imports will be halted, and North Korean cargo ships will be denied permission to pass through South Korean waters, Unification Minister Hyun Intaek said.

News in brief

OIL SPILL The U.S. officer overseeing the response to the devastating oil spill in the Gulf of Mexico said yesterday there would be nothing to gain by pushing BP aside. "To push BP out of the way would raise a question, to replace them with what?" Coast Guard Commandant Thad Allen said at a White House briefing. Amid mounting frustration over BP's inability to stop the leak that has befouled the Gulf for a month now, Allen insisted BP was "exhausting every technical means possible to deal with that leak." THE ASSOCIATED PRESS

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INCLUDES accom on the Strip.

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Study: U.S. child gun deaths equally common in rural, urban areas
A new study finds that children in the U.S.'s most rural areas are as likely to die by gunshot as kids in the biggest cities. THE ASSOCIATED PRESS

Atop the world at 13

American teen becomes youngest to climb Mt. Everest

An eighth-grader from California who became the youngest climber to reach the top of Mount Everest said yesterday he hopes his achievement will encourage young people worldwide to dream big.

TEAM ROMERO/THE ASSOCIATED PRESS

In this photo taken Saturday, 13-year-old Jordan Romero, right, poses with a Sherpa guide on the summit of Mount Everest.

"I'm doing this to inspire other kids, hopefully across the world, to get outdoors and to set goals in life. I'm doing this to set an example for them," said 13-year-old Jordan Romero in an interview by satellite phone from the 6,500-metre Advanced Base Camp where his team had returned after reaching the top on Saturday.

"The record is one thing but standing on top of the world is just the best feeling you could ever imagine," he said.

On Saturday, Jordan succeeded in scaling the 8,850-metre peak, the world's highest, accompanied by a team that included his father, his stepmother and three Sherpa guides.

Before him, the youngest climber to scale Everest had been Temba Tsheri of Nepal, who reached the peak at age 16. The climb had its tough moments, the teen said, especially after he developed stomach cramps on the final ascent.

"It was the toughest part of the climb because I was thinking, 'Man, I don't know if I'll make it 'cause this is the worst pain I had ever felt in my stomach. But when we approached the summit, it all just faded away. I just felt happiness," he said.

When the group finally reached the top, Jordan recalled touching the colourful prayer flags draped at the peak before standing with his arms outstretched, yelling in exultation.

Jordan's success means he remains just one climb away from his overall quest of reaching the highest peaks on all seven continents.

The final peak is the 4,900-metre Vinson Massif in Antarctica, which he hopes to tackle at the end of the year.

The curly haired teenager, from the San Bernardino Mountains ski town of Big Bear, Calif., said his parents have been supportive of his dream ever since he was inspired at age nine by a mural in a school hallway that showed the highest mountains on the seven continents. THE ASSOCIATED PRESS

Britain takes aim at record budget deficit

LONDON Britain's new coalition government outlined more than six billion pounds ($8.7 billion) in spending cuts yesterday, including scaling back computer purchases, official cars for ministers and first-class air travel, but warned that these are only first steps toward slashing the nation's record budget deficit.

Treasury chief George Osborne offered no news on possible tax increases, which many see as an essential part of government policy.

"This is the first time this government has announced difficult decisions on spending," Osborne told a news conference. "It will not be the last."

Defence, health and foreign aid were spared cuts this time. Osborne gave no figures on how many public sector jobs would be lost, but he said most of the cuts would be through not filling vacancies. The reductions total 6.24 billion pounds, less than one per cent of annual public expenditure.

Osborne's Conservative party leads a governing coalition with the Liberal Democrats which took power two weeks ago. THE ASSOCIATED PRESS

Hard decisions across Europe

- Governments all over Europe have run up large deficits and heavier debt loads due to the global economic turmoil of the past three years, as tax receipts have fallen and stimulus and bailout costs have hit budgets. They are now facing hard decisions about how to get debt under control without undermining a shaky economic recovery.

News in brief

CHINA A torrent of floods caused by heavy storms have killed 115 people in southern China, with 21 people still missing as weather reports show rains beginning to subside. Emergency rescue teams have been dispatched across southern China to help the 685,000 people evacuated as a result of the flooding, which has caused $2.2 billion in damages, a statement on the Ministry of Civil Affairs website said. But one official said this morning that the worst may be over.

U.K. A doctor who persuaded millions of parents worldwide that a common vaccine could cause autism was barred from practising medicine in his native Britain yesterday after the country's top medical group found he conducted his research unethically. Dr. Andrew Wakefield was the first researcher to publish a peer-reviewed study suggesting a connection between autism and the vaccine for measles, mumps and rubella. That prompted legions of parents to abandon the vaccine in moves that epidemiologists feared could lead to outbreaks of the potentially deadly diseases.

SPAIN A bullfighter left intensive care yesterday and was recovering satisfactorily in a Madrid hospital after a bull's horn ripped through his throat, pierced his tongue and smashed his palate. Aparicio, 41, suffered the grotesque goring Friday evening during a bullfight at Madrid's Las Ventas bullring. The matador lost his balance, fell to the ground and in an instant the 1,168 pound bull drove its right horn through Aparicio's throat and out his mouth. Aparicio managed to run to the side of the ring. THE ASSOCIATED PRESS

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Intel to introduce new chips

Intel Corp., the world's largest chipmaker, is introducing a range of chips designed to power new thin and light laptop computers. The chips don't require as much power and generate less heat, enabling their use in machines with smaller batteries. About 40 new computers based on the chips will go on sale in early June. METRO NEWS SERVICES

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Golden forecast: Demand for gold outpacing production

GOLD Speculators are buying gold faster than the world's biggest producers can mine it as analysts forecast a rally that may extend the longest run of annual gains since at least 1920.

Exchange-traded products backed by bullion added 42.5 metric tonnes in the week to May 14, according to data from UBS. China and the 17 other largest mining nations averaged weekly output of 42.3 tons last year, researcher GFMS Ltd. estimates. Even though prices have fallen to $1,189.75 from a record $1,249.40 an ounce May 14, the median in a Bloomberg survey shows it will reach $1,500 by year's end.

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PETA's in the boardroom

An animal rights group known for sending out scantily clad demonstrators to protest fur and other provocative stunts has gained influence in boardrooms with a more traditional tactic: Buying company stock.

People for the Ethical Treatment of Animals has been buying shares for seven years and now owns a piece of at least 80 companies, including McDonald's and Kraft Foods.

It hopes to influence their animal welfare policies on such things as how chickens are slaughtered or buying pork from suppliers that keep pregnant sows in small crates.

By buying stock, PETA is guaranteed the right to present its ideas directly to officials and other shareholders, many of whom otherwise would likely pay little attention to the group.

"It gives us a new forum in which to present the research we've done to company executives, their shareholders and the public," said Ashley Byrne, a senior campaigner for PETA.

PETA tries to negotiate agreements with companies behind closed doors, but if that fails, the group submits shareholder resolutions with its proposed changes at shareholder meetings.

Companies don't always change their policies, but Byrne said the effort has paid off. After PETA bought stock, Safeway grocery stores and restaurant companies Ruby Tuesday, Sonic and Burger King agreed to give purchasing preference to suppliers that abide by what the group says are more humane rules.

THE ASSOCIATED PRESS

Two-way threat

- PETA campaigner Ashley Byrne said the company's attempt to work from within didn't signal an end to its more visible, and often outrageous, protests aimed at improving the condition of animals.

Google hopes to 'bump' its rivals in mobile computing

TECH It all comes down to "the five-finger scrunch."

In the multibillion-dollar high-stakes world of mobile computing, Google Inc. appears to be betting that cool little gestures like the scrunch will help it compete with Apple Inc.'s iPad and other mobile devices.

That's the view of analysts who follow the sector after watching Google pay an estimated $30 million for Toronto-based startup Bump Technologies Inc.

Bump invented and patented a new type of touch screen that allows users to interact with their files without using a keyboard or a mouse.

Founder Anand Agarawala described it in a 2007 speech in Monterey, Calif., as taking computer interfaces out of the "cave painting stage."

In a presentation to the prestigious Technology, Entertainment and Design conference, Agarawala said he took inspiration from his own desk to create a program that allowed him to "push and pull" items around his desktop with his fingers, instead of pointing and clicking.

"I can flip through them like a book, lay them out like a deck of cards. I can pull things to new locations. Delete things. It's all kind of smoothly animated," he said in a YouTube video of the speech.

TORSTAR NEWS SERVICE

China moves closer to currency reform pact with U.S., but they won't do it for nothing.

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Phoenix won't rise again
NASA has ended efforts to regain contact with its Phoenix Mars Lander near the red planet's north pole after repeated attempts to contact the lander were unsuccessful and an image taken by an orbiting spacecraft suggests severe ice damage to its solar panels. THE ASSOCIATED PRESS

Government's green project panned

A major Yukon hydroelectric project that served as the showpiece for Prime Minister Stephen Harper's green stimulus fund will create few jobs and only theoretically cut greenhouse gases, according to new territorial government reviews.

The project promises to displace 10 per cent of the territory's reliance on dirty diesel energy, and provide power to new mines coming on stream. A new transmission line will also connect distant power grids.

The Yukon Utilities Board noted there was no guarantee the project would actually replace diesel. Mining operations that were calculated in the planning haven't come on stream yet, and one of them — Carmacks Copper — remains in limbo after failing to win its water licence from the territory. THE CANADIAN PRESS

Canadian banks likely to post gains

FINANCE The second quarter is expected to be a bright one for Canada's big banks, which are forecast to report lower provisions for bad loans and higher lending volumes when they begin to release their financial results this week.

UBS banking analyst Peter Rozenberg predicted an average increase in earnings per share of nine per cent due to a 20 per cent drop in loan-loss provisions, to $2.13 billion from $2.67 billion a year ago.

These were higher during the recession; however the impact on Canadian banks was minimal compared with the U.S., where the recession and the subprime mortgage crisis had a devastating impact on many lending institutions.

Risks

- Canada's banks still face some risks, particularly if the debt crisis in Europe worsens and causes a repeat of the credit crunch experienced at the depths of the global recession, UBS banking analyst Peter Rozenberg said.

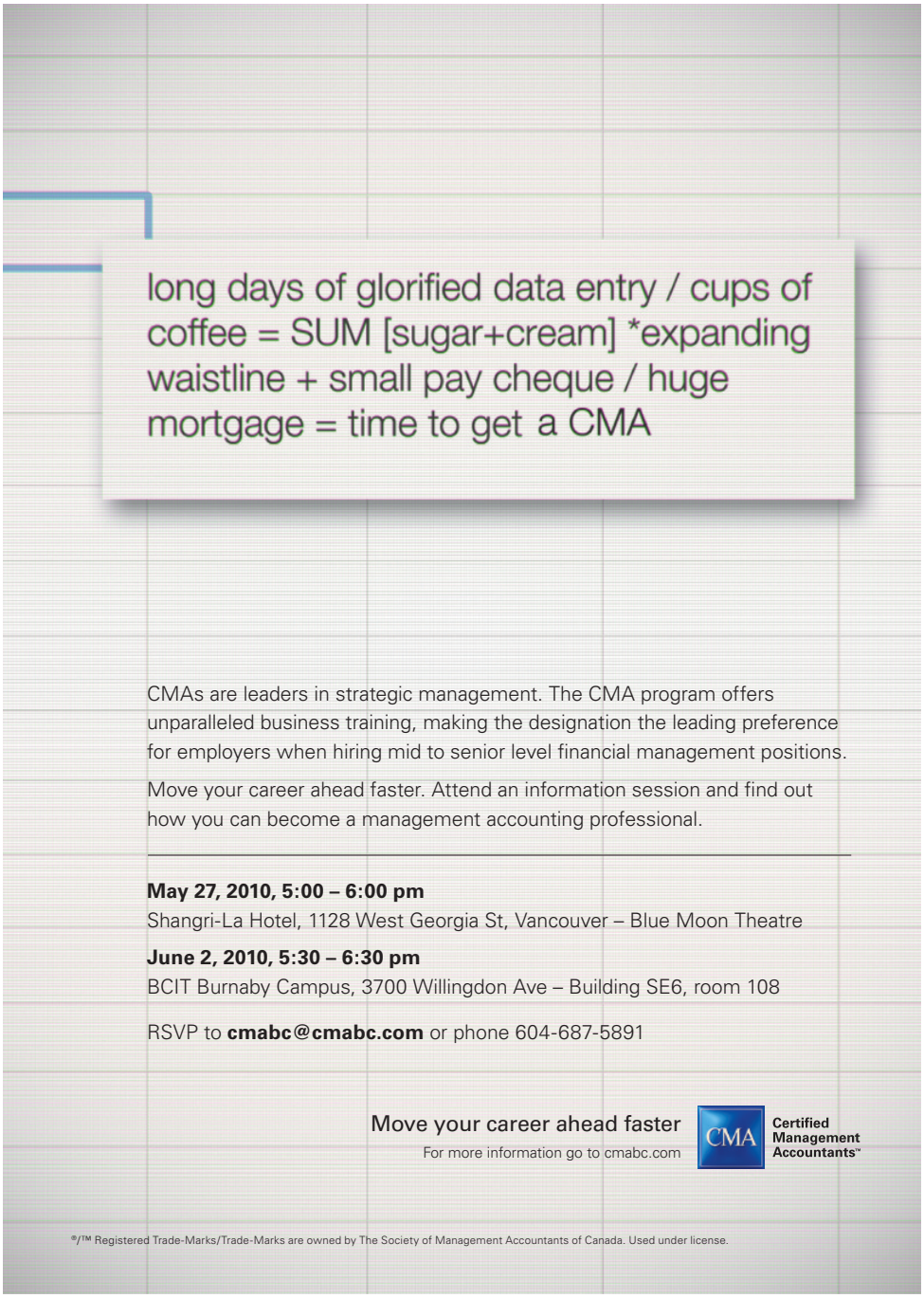
Lower loan-loss provisions are a sign that the economy has improved dramatically from the same period of 2009, when the global recession was still in full swing.

Barclays Capital analyst John Aiken said an improving economy is also leading to growth in lending volumes, particularly in Canada.

"While lending growth in the U.S. will likely remain a challenge, domestic consumer lending has returned in force and should offset any incremental weakness in business lending," Aiken wrote in a note to clients.

The economic recovery in North America has been faster and stronger than originally expected, causing Aiken to raise his sector view on the Canadian banks from neutral to positive.

THE CANADIAN PRESS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Approval of non-Latin script could mean big growth for web

INTERNET The use of non-Latin characters in Internet addresses is a key step to opening up the web and making it more "personalized" for billions of users, the head of the non-profit body that oversees Internet addresses said yesterday.

Rod Beckstrom, CEO of the Internet Corporation for Assigned Names and Numbers, said around half of the people using the Internet do not use Latin script. But the recent approval of Arabic and Russian characters for domain name suffixes will help bridge that linguistic barrier and encourage more users online, he said.

Earlier this month, Egypt, Saudi Arabia, the United Arab Emirates and Russia become the first nations to get Internet addresses entirely in non-Latin characters.

Egypt, for example, secured the right to the ".masr" domain (in Arabic).

The step marked a fundamental shift in the Internet domain name system since its creation in the 1980s.

Until the approvals were received for Arabic and Russian, websites had to end their addresses with suffixes like ".com" that were written in Latin characters — a restriction that posed challenges to expanding the reach of the Net to people who could not read such script.

THE ASSOCIATED PRESS

Former Hooters employee sues over weight loss

LAWSUIT Hooters is being served with a lawsuit by a former Detroit-area employee who says she was told to agree to lose weight or lose her job.

Cassandra Smith says Hooters violated Michigan law when it placed her on 30-day weight probation earlier this month. She resigned as a result.

Smith's lawsuit says she received good reviews while working at the Roseville restaurant.

But on May 14, she says she was told to lose weight to improve her looks.

Smith says she weighs 132 pounds, 13 pounds less than when she was recruited in 2008.

Hooters of America says it has not seen the lawsuit, but insists it doesn't enforce a weight requirement.

THE ASSOCIATED PRESS

U.S. housing sales could stall

REAL ESTATE A now-expired homebuyer tax credit and low mortgage rates helped boost sales of previously occupied homes in April. The improvements aren't likely to last.

The tax credit is now gone. And economists caution that Americans are facing so many financial obstacles that falling rates alone won't be enough to lift the housing market.

Market

- The market is saturated with homes and growing. It would take 8.4 months to sell all the homes on the market at last month's sales pace.

Sales of previously owned homes rose 7.6 per cent to a seasonally adjusted annual rate of 5.77 million, the National Association of Realtors said yesterday.

The sales increase sparked a rise in home prices. The median price for a new home rose to $173,100, up four per cent from a year ago.

Mortgage rates fell last week to the lowest level for the year. The average rate on a 30-year loan fell to 4.86 per cent last Friday, according to financial publisher HSH Associates. That was just above the record low of 4.83 per cent last December,

Worries over the European debt crisis has sent investors rushing into the safety of U.S. credit markets.

THE ASSOCIATED PRESS

Interest rates/Savings accounts

Please check bank websites as some rates require minimum account balance

BMO	CIBC	ICICI	ING	PCF	RBC	Scotia	TD
1.00%	0.70%	1.20%	1.20%	1.00%	0.75%	1.00%	0.75%

Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Reaction overblown?

Sell in May and go away. If investors took this advice, they would be a lot better off today as the markets both here and in the U.S. have sold off tremendously over the last two weeks. The U.S. markets are down as much as 10 per cent while the Toronto stock market is off by about 6.5 per cent. Is this correction the start of a much bigger downward move?

I believe this recent correction has been overdone. The issues in the European region are real but I do not believe that the turmoil in Europe should have this much of an effect on the U.S. and Canadian markets. The amount of business the United States and Canada does with Europe is not large in comparison with other regions. So why this overblown reaction?

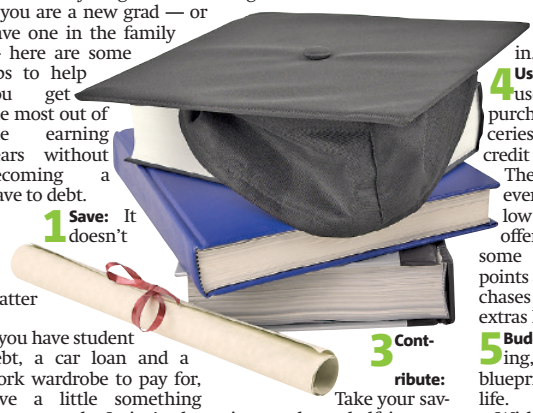
In North America, we are seeing job growth, GDP growth, housing stability (in the U.S.) and companies reporting great first-quarter earnings. I think we will look back a year from now and see that this was just a correction on the way to higher markets.

Allan Small is an Investment Adviser with Dundee Securities Corporation. He can be reached at asmall@dundeesecurities.com

5 golden rules for grads

Amid the euphoria of graduation — the cap tossing, the celebrations and the scramble for jobs — pause for a moment to consider your financial path.

The behaviours laid down during this next period are as critical to your future well-being as the first five years of life are to the development of young children. If you are a new grad — or have one in the family — here are some tips to help you get the most out of the earning years without becoming a slave to debt.



1 Save: It doesn't matter if you have student debt, a car loan and a work wardrobe to pay for, save a little something every month. It isn't the money that's important at this stage, rather the behaviour. Even $20 is a good start.

2 Increase: Each time your salary increases, increase your saving by the same percentage. Most do it the other way round. They increase spending first and often there's nothing left over to save.

3 Contribute: Take your savings and put half into an RRSP and half into a tax free savings account (TFSA).

Meagre though each deposit may be, it is, again, the behaviour that is critical. Over time you build the TFSA for emergencies and the RRSP for the golden years. If you don't need it, the RRSP deduction can be carried forward to reduce taxes when the dough starts rolling in.

4 Use and Pay: Regular use of a credit card for purchases like gas or groceries will create good credit karma.

The key is to pay it off every month. Look for a low or no fee card that offers loyalty points or some other perk. The points are great for gift purchases like movie passes or extras like a barbecue.

5 Budget: It may be boring, but a budget is a blueprint for your financial life.

With a new job in hand and before you start spending, lay out your monthly costs. A template is available on my site, alisongriffiths.ca.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at griffiths.alison@gmail.com.

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Nash doesn't expect broken nose to keep him out of action

Victoria native Steve Nash has a broken nose but says he doesn't expect it to be a problem for him in Game 4 of the Western Conference finals. The Phoenix playmaker sustained the slight fracture in a fourth-quarter collision with Derek Fisher in the Suns' 118-109 victory over the Los Angeles Lakers Sunday night. THE ASSOCIATED PRESS

Sports

Cavaliers cut coach loose

Mike Brown won everything in five years coaching the Cleveland Cavaliers. Everything, that is, except an NBA title. Brown, left, the most successful coach in franchise history, was fired yesterday after failing to win a championship with superstar — and soon-to-be free agent — LeBron James. Brown's dismissal had been expected since the Cavs were eliminated by the Boston Celtics in the second round of the playoffs. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Federer off to good start at French Open

TENNIS Miffed by a line call in his first match as defending French Open champion, Roger Federer quickly regrouped to win the opening set two points later, then went on to beat Peter Luczak of Australia 6-4, 6-1, 6-2 yesterday.

The top-ranked Federer committed only 11 unforced errors, lost just 14 of 64 points on his serve and faced only one break point.

"It's always important coming back as defending champion, trying to get off to a good start," he said. "It was like a perfect match to get off the French Open campaign."

In women's play, top-ranked Serena Williams was forced to battle hard in the first set before going on to beat Stefanie Voegele 7-6 (2), 6-2.

Aleksandra Wozniak of Blainville, Que., advanced with a 6-3, 6-3 win over Iveta Benesova of the Czech Republic. The Canadian was pleased to open with a victory after battling shoulder troubles earlier this season.

"First time in a long time actually that I've felt pretty good," Wozniak said. "I almost forgot what it felt like — winning and feeling so comfortable with your game. Stepping on the court and knowing what to do and being in the zone."

Stephanie Dubois of Laval, Que., the only other Canadian in the singles draw, fell 6-7 (3), 6-1, 6-3 to France's Stephanie Cohen-Aloro. THE ASSOCIATED PRESS

MATT SLOCUM/THE ASSOCIATED PRESS

Philadelphia Flyer Mike Richards scores a goal past Montreal Canadiens Marc-Andre Bergeron, Jaroslav Halak and Roman Hamrlik last night in Philadelphia. The Flyers won 4-2.

Flyers down Habs

Philly back in Cup final for first time since 1997

(Flyers win series 4-1)

Canadiens 2 Flyers 4

"I said right from the beginning of the year, we just got to get in the playoffs and anything can happen."
Flyers goalie Michael Leighton

Arron Asham and Jeff Carter scored in the second period as the Philadelphia Flyers advanced to the Stanley Cup final with a 4-2 victory over the Montreal Canadiens last night.

The Flyers, who squeaked into the playoffs by winning their final regular season game in a shootout, took the best-of-seven Eastern Conference final 4-1 and will face the Chicago Blackhawks for the Cup. Game 1 of the final goes Saturday night in Chicago.

"It's a great feeling. We got a great team here, a great bunch of guys I'm proud of every one of them," said Flyers netminder Michael Leighton, who had three shutouts in the series.

"I said right from the beginning of the year, we just got to get in the playoffs and anything can happen. That's a tough team over there and we just played great."

It will be Philadelphia's eighth trip to the final and their first since 1997. They have not won since they took back-to-back Cups in 1974 and 1975.

"This hurts. To work this hard to get to where we are and to come up short is tough to swallow, because we know how close we were to where we were going," said Montreal defenceman Josh Gorges.

"We made steps in the right direction to build this team for the future but it hurts. Losing's never easy."

Flyers captain Mike Richards scored his first of the series while killing a penalty in the first period after Brian Gionta got one for Montreal, which looked to have run out of steam after seven-game upset victories over Washington and Pittsburgh.

Scott Gomez added a goal in the third as the Canadiens mounted a desperate charge but were unable to get the equalizer. Carter scored his second of the game into an empty net with 23 seconds left.

THE CANADIAN PRESS

Morneau carrying Minnesota offence

BASEBALL Canadian slugger Justin Morneau has struggled in recent seasons with a catch-22 of sorts or, maybe in his case, a hit-22.

The Minnesota first baseman's workout regimen is the stuff of legend around the Twins' clubhouse, an exhaustive routine that he believes is the biggest reason he has made himself into an all-star.

Justin Morneau

It's also the biggest reason, the Twins believe, that Morneau watched the last month of last season from the bench because of a back injury. Team officials have told him he's wearing himself out with the early mornings and late nights taking swings, watching video and lifting weights.

After ignoring requests to take it a little easier, Morneau has found a compromise, and it appears to be paying off. The New Westminster native is off to a sizzling start in 2010, leading the AL with a .383 average, .497 on-base percentage and a .707 slugging percentage for the first-place Twins.

"My preparation's been a little different," Morneau said. "I obviously realized how much I miss the game when I wasn't playing."

Morneau's back started bothering him in August, and his production steadily declined until he was shelved on Sept. 12. He watched the rest of the season from the bench, rejoicing when the Twins rallied to win the AL Central in a playoff and then smouldering helplessly as they were swept by the New York Yankees in the first round of the post-season.

He rested for much of the off-season to let the injury heal, then curtailed the amount of work he did in spring training in hopes of returning to full strength by the start of the regular season.

Mission accomplished.

The 2006 American League MVP also ranks in the top five in the AL in home runs (11), RBIs (34), hits (59) and doubles (14).

THE ASSOCIATED PRESS

SCOREBOARD

NHL

YESTERDAY'S RESULTS

Philadelphia 4 Montreal 2 (Flyers win series 4-1)

PLAYOFF SCORING LEADERS

	G	A	Pt
Toews, Chi	7	19	26
Richards, Pha	6	15	21
Kane, Chi	7	13	20
Cammalleri, Mtl	13	6	19
Crosby, Pgh	6	13	19
Briere, Pha	9	9	18
Franzen, Det	6	12	18
Pavelski, SJ	9	8	17
Giroux, Pha	8	9	17
Sharp, Chi	7	9	16
Gionta, Mtl	9	6	15
Samuelsson, Vcr	**8**	**7**	**15**
Zetterberg, Det	7	8	15
D.Sedin, Vcr	**5**	**9**	**14**
Pronger, Pha	4	10	14
H.Sedin, Vcr	**3**	**11**	**14**
Boyle, SJ	2	12	14
Gomez, Mtl	2	12	14
Marleau, SJ	8	5	13
Datsyuk, Det	6	7	13
Heatley, SJ	2	11	13
Leino, Pha	4	8	12
J.Thornton, SJ	3	9	12
Gonchar, Pgh	2	10	12
Wideman, Bos	1	11	12
Malkin, Pgh	5	6	11
P.Bergeron, Bos	4	7	11
Kunitz, Pgh	4	7	11

NBA

YESTERDAY'S RESULTS

Orlando 96 Boston 92 (OT) (Boston leads series 3-1)

TODAY'S GAME

L.A. Lakers at Phoenix, 6 p.m.

BASEBALL

YESTERDAY'S AL RESULTS

Boston 6 Tampa Bay 1
Chicago White Sox 7 Cleveland 2
Toronto 6 L.A. Angels 0

YESTERDAY'S NL RESULTS

Cincinnati 7 Pittsburgh 5

TODAY'S AL GAMES

Chicago White Sox at Cleveland, 4:05 p.m.
Oakland at Baltimore, 4:05 p.m.
Boston at Tampa Bay, 4:10 p.m.
N.Y. Yankees at Minnesota, 5:10 p.m.
Texas at Kansas City, 5:10 p.m.
Toronto at L.A. Angels, 7:05 p.m.
Detroit at Seattle, 7:10 p.m.

TODAY'S NL GAMES

Atlanta at Florida, 4:10 p.m.
Philadelphia at N.Y. Mets, 4:10 p.m.
Pittsburgh at Cincinnati, 4:10 p.m.
L.A. Dodgers at Chicago Cubs, 5:05 p.m.
Houston at Milwaukee, 5:10 p.m.
Arizona at Colorado, 5:40 p.m.
St. Louis at San Diego, 7:05 p.m.
Washington at San Francisco, 7:15 p.m.

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Make your own cheese

The Complete Idiot's Guide to Cheese Making by James Leverentz ($18.50) is for both the novice who will enjoy learning this skill and food enthusiasts interested in wholesome, nutritious foods made from scratch. Available at amazon.ca. METRO NEWS SERVICES

Food

Which drink is mine?

During social gatherings like outdoor barbecues the common dilemma of "which drink is mine?" often arises. To avoid this problem as well as add a fun "identity" to your bottle, cup or can, a new customizable drink marker called Drinkmarx can help. Available as a set of four (for $9.95), these plastic drink cuffs come in pink, brown, green and blue and can be personalized using the 120 decals provided. To purchase, visit drinkmarx.com. METRO NEWS SERVICES

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Next big thing

In the booze business what goes around comes around. That means no matter how cool, innovative or tasty: What's here today will be out tomorrow and then it will get back in line to wait its turn to become the next big thing again.

Take "fruit bomb" wines: Those big-boned, berry-licious reds that made Australia and California famous thanks to their stand-alone flavours that often work better as a cocktail than they do a dinner companion.

Thanks to the popularity of Argentinean vino; more balanced reds (with Old World-style leanings) have been beating the bombs to the glass of late. Fans of palate-coating wines need not worry. While many wineries have toned down the explosive berry blast, there's still plenty of chewy juice out there.

California merlot is a perfect example, with **J. Lohr Estates' 2007 Los Osos Paso Robles Merlot** ($19.95 - $23.29) serving up a lip-smacking burst of black currant and jammy cherry thanks to an injection of malbec, petit verdot and cabernet sauvignon into the blend.

Personal Gourmet recipe of the month — ROSE REISMAN

Summer sandwiches

Roasted Vegetarian Sandwich with Brie.

Wraps and sandwiches are the perfect food for this time of year.

They are easy to prepare and take only minutes. Serve with a great salad to start and you have a fantastic nutritious meal.

Roasted Vegetarian Sandwich with Brie

PREP TIME: 15 MINUTES
COOK TIME: 25 MINUTES

After tasting this sandwich you might decide to go vegetarian! The grilled vegetables, pesto and brie are a sensational combination. And, yes, you can enjoy brie when you're eating light — just watch the amounts. **SERVES 8**

INGREDIENTS:

- ½ large red onion, sliced
- 1 red bell pepper, cut in 8 wedges
- 1 large portobello mushroom, thickly sliced
- 1 zucchini, cut in 3 slices lengthwise
- 2 Tbsp pesto sauce
- 2 Tbsp low-fat sour cream
- 1 Tbsp olive oil
- 2 tsp balsamic vinegar
- ½ tsp minced fresh garlic
- 4 large rolls (each 3 ½ oz), split
- 2 oz brie cheese, thinly sliced

METHOD:

1. Preheat the oven to 425°F. Line a rimmed baking sheet with foil.
2. Place the onion, red pepper, mushroom and zucchini on the prepared baking sheet. Spray lightly with cooking oil. Roast the vegetables, turning once, for 25 to 30 minutes or until tender. Remove and allow to cool.
3. While the vegetables are roasting, combine the pesto and sour cream in a small bowl.
4. Cut the roasted vegetables into pieces that fit the shape of the bread. Place in a bowl and toss with the oil, vinegar and garlic.
5. Spread the pesto mixture over the bottom half of each roll. Top with the vegetable mixture and brie. Replace the top half of the roll and cut in half to serve.

Nutritional Analysis per Serving: Calories 187; Protein 6 g; Fat 6 g; Saturated Fat 2.2 g; Carbohydrates 29 g; Cholesterol 9 mg; Sodium 298 mg; Fiber 2.5 g

Italian Grilled Chicken Sandwiches with Pesto-Cheese Sauce.

Italian Grilled Chicken Sandwiches with Pesto-Cheese Sauce

PREP TIME: 20 MINUTES
COOK TIME: 5 MINUTES

I save calories in this sandwich by removing the interior from the loaf of bread and leaving the crust intact. The filling of chicken with vegetables, pesto-cheese sauce and shredded lettuce makes this a unique and delicious sandwich. **SERVES 6**

INGREDIENTS:

- 2 Tbsp pesto
- 2 Tbsp light mayonnaise
- 1/3 cup light ricotta (5%)
- 3 Tbsp light cream cheese, softened
- 1/3 cup crumbled goat cheese (about 1 1/2 oz)
- 1 whole Italian round loaf of bread (about 1 1/4 lb; about 12 inches across)
- 8 oz skinless boneless chicken breasts (about 2 breasts), pounded flat
- 1 roasted red pepper, thinly sliced
- 2 cups shredded romaine lettuce
- 2 medium plum tomatoes, sliced and seeded
- 1/3 cup diced red onion
- 1/3 cup chopped black olives
- pinch of salt and pepper

Nutritious and delicious!

METHOD:

1. To make the pesto-cheese sauce, combine the pesto, mayonnaise, ricotta, cream cheese and goat cheese in a food processor and purée until smooth.
2. Cut the loaf of bread in half horizontally and pull out as much of the bread as possible, leav¬ing only the crust.
3. In a nonstick grill pan or skillet lightly coated with cooking spray, cook the chicken breast just until no longer pink, about 5 minutes. Cool, then slice thinly.
4. Spread the pesto-cheese sauce over both the bottom and the top half of the loaf. Layer the bottom half with the chicken, roasted red pepper strips, lettuce, tomatoes, onion, olives, salt and pepper. Top with the top half of the loaf and cut into 6 sandwiches.

Nutritional Analysis per Serving (1 sandwich): Calories 345; Protein 17 g; Carbohydrates 53 g; Fiber 4.5 g; Total fat 8.3 g; Saturated fat 3.7 g; Cholesterol 20 mg; Sodium 560 mg

About Rose

Rose Reisman is an author, media personality, nutritionist, and the inspiration behind a fresh food delivery service, Personal Gourmet, and new website, The Art of Living Well. Visit Rose at rosereisman.com & personalgourmet.ca

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Put on your pinks
This Thursday, pull out your pink pumps and cherry-coloured clothes and wear them for national Wear It Pink Day to help raise awareness for the one-in-seven women who will be diagnosed with breast or gynecologic cancer. METRO NEWS SERVICES

Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

Shedding some light on vitamin D

CELIA MILNE
for Metro Canada

Two-thirds of us are still low in vitamin D. Although the sun is a great source of this needed nutrient, it may be tough to get enough vitamin D consistently and safely from its rays.

That's why most experts recommend taking vitamin D supplements and eating foods high in the sunshine vitamin.

"As we accumulate more evidence that vitamin D is needed for normal biological functions, we're thinking supplementation is a good idea for most Canadians," says Dr. David Hanley, a professor of medicine in endocrinology and metabolism at the University of Calgary and an expert on vitamin D and bone health.

Vitamin D deficiency is associated with rickets and osteoporosis, as well as bone fractures. It's also possibly linked with certain cancers (non-Hodgkin's lymphoma, leukemia and breast cancer), as well as multiple sclerosis, schizophrenia and type 1 diabetes. Having sufficient vitamin D is thought to boost the developing brain and immune system.

There's been a lot of confusion lately about vitamin D. Most people have heard that they should be taking more of the vitamin and have started supplementing. In fact, sales of vitamin D supplements are rising by 50 per cent a year, reports the CBC.

But headlines around the country recently proclaimed that only a small fraction of Canadians (10 per cent) are deficient in vitamin D. So if people aren't deficient, why are they buying so many supplements?

It turns out that the 10 per cent number was based on obsolete guidelines. Statistics Canada sampled blood from 5,306 Canadians. The amount of vitamin D in a person's blood is measured in nanomoles per litre (nmol/L).

In the old guidelines, having less than 27.5 nmol/L was considered a deficiency. These days, an amount that low is considered a severe deficiency — serious enough to cause rickets — and recent research shows we should all be aiming for vitamin D status much higher than that.

"Most of us in North America believe we start seeing health benefits around the level of 75 nmol/L," says Hanley.

When you use 75 nmol/L as the cutoff, it's more like two-thirds or more of the population that is deficient.

"It was confusing,". Hanley says of the study.

"They used a cutoff for defining inadequate vitamin D that most people consider outdated."

The Institute of Medicine, which last issued dietary guidelines for Canada and the U.S. in 1997, is set to issue new ones later this year, which will reflect the explosion of new research in the area.

ISTOCK

Sunshine is one way to get bone-building vitamin D but exposure to the sun for long periods of time ups the risk of skin cancer. Supplements and vitamin D-rich foods are another way to go but how much is enough?

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Where: Vancouver Public Library, Alice McKay Room
350 West Georgia Street, Vancouver, British Columbia

Call to register: 1-877-715-7517

To find out more about fibromyalgia visit fibrocentre.ca

Hair so healthy it shines

Two Canadians have made it into the semi-finals of Pantene's North American search for the first reality hair star. Andrea Warner (shown), 32, from Vancouver, and Rachel Guest, 19, from Oakville, Ont., will star in an ad tonight during the season finale of The Biggest Loser. METRO NEWS SERVICES

Getting your vitamin D from food

Here is a list from the Canadian Council of Food and Nutrition showing foods that are rich in vitamin D:

- Cod liver oil, 1 tbsp = 1,360 amount of vitamin D (in I.U.)
- Salmon, 75 g = 204-678 I.U.
- Canned fish (tuna, sardines, salmon), 75 g = 60-585 I.U.
- Fortified cow's milk, 250 ml = 88 I.U.
- Fortified plant beverages (soy, rice, orange juice,) 250 ml = 80 I.U.
- Yogurt with fortified cow's milk, 100 g = 25 I.U.
- Margarine, 1 tsp = 25 I.U.
- Egg yolk, 1 = 25 I.U.
- Yogurt with fortified cow's milk, 100 g = 25 I.U.
- Beef, 75 g cooked = 18 I.U.

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Trials and tribulations of twosome travelling

The J Spot

Josey Vogels

metronews.ca/thejspot

ISTOCK

Are we having fun yet? A trip with your partner can turn from hell-a-fun to just plain hellish in the blink of an irritated eye.

Traveling with a significant other can be very revealing. A guy I went out with in my early 20s showed his true nature when, on our return flight from a week in Jamaica, I reached over to grab his leg on the plane and felt something lumpy under his pants. No, not that.

He had decided to strap a bunch of drugs to his legs and neglected to tell me. Customs was a riot, I tell ya.

Taking a relationship on the road not only lets you know whether your date's a criminal, spending day and night together challenges your ability to put up with each other's moods, and reveals just how long you can circle an area late at night looking for a hotel room before one of you snaps.

If it's road trip, you get to play the "Which Way Do I Turn?" game. Always good for a fight.

You're inches away from the intersection, there's an 18-wheeler on your rear end and he's screamin', "Which way do I turn?! Which way do I turn?!" and you're frantically searching for too-small-to-be-on-the-map corners on your 1954 map for a road that doesn't exist anymore.

Then you discover just how long you can go without speaking to each other once you finally haul yourselves out of the ditch.

It's easy to understand why people enjoy traveling alone. When you're traveling alone and you get lost you can simply admit it instead of driving in circles with him repeatedly saying: "I'm sure it's just around the next corner, I remember from when my family came here when I was six weeks old."

"If your idea of a vacation is paddling your way to an island in the middle of a lake and setting up camp and his is five-star hotels, it might be a problem."

There are lots of wonderful things about traveling with a partner. Discovering you travel well together can really solidify a relationship.

It helps if you like the same things. If your idea of a vacation is paddling your way to an island in the middle of a lake and setting up camp and his is five-star hotels, it might be a problem.

For their first trip together, a friend of mine dragged her devoted city boy camping. She said it was like camping with Felix Unger, you know, the anal half of the Odd Couple?

Sure, use the last of the drinking water to wash your hands for the 14th time in 10 minutes. Though the benefit is that the Felix Unger types come up with ideas like softening your hard-earth bed with leaves, she laughs.

Ultimately, it's not the where, when, and how of traveling together that are important, but your ability to go with each other's flow. Though, you might want to get yourself a fully updated GPS before you go, just in case.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com and follow her at twitter.com/joseyvogels

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Elton John is no Idol

There's still no word on who will replace Simon Cowell on American Idol, but it definitely won't be Elton John. The singer reportedly turned down an offer of $33 million US to take over as judge for the series, according to Access Hollywood. METRO WORLD NEWS

Entertainment

Got to Dance

Paula Abdul will return to prime time — and a judges' table — as a part of a new dancing competition called Got to Dance on CBS, according to The Hollywood Reporter.

TVGUIDE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Shad gets Fresh start

Kenyan-born hip-hop artist helps define Canadian rap

TSOL is the followup to The Old Prince, which earned Shad a nomination for the Polaris Music Prize.

TheAudioFiles

Bryan Borzykowski

metronews.ca/music

If this were a column about the best YouTube music videos, Shad's spot for The Old Prince Lives at Home would probably top the list. The video is almost a scene for scene copy of the opening to the '90s sit-com The Fresh Prince of Bel Air, except the Toronto hip-hop artist's song is playing instead of Will Smith's famous rap.

It's an incredible recreation. Shad nails all of Smith's mannerisms and the twist ending is hilarious. The video got a lot of people talking about the rapper and got me excited about how he would treat the songs on his new album, TSOL, which is out today and is the followup to his Polaris nominated sophomore effort The Old Prince.

Shad's new album is out today

So, I was a little disappointed to discover it wasn't Shad who came up with the Fresh Prince concept. "I just showed up," he says about the video. "The directors threw the idea at me."

While I'd like to see another humorous video from Shad, I can let it go. It's obvious that the Kenyan-born, London-Ont.,-raised rapper put all his creative energy into this new record.

The disc starts off — after a two-minute intro — with an incredibly infectious soul track based around Rose Garden, a Lynn Anderson country tune. That alone would have been enough, but Shad's blistering raps and occasional oddball lyrics ("When Abraham went to slash Isaac in a sense he baptized him") turn this into yet another Canadian rap record that this country's music industry would be wise to export.

While some of the songs' topics may seem unusual — listen is all about, well, listening — he's not afraid to tackle some of rap's more sensitive issues, like the lack of women in hip hop on the track Keep Shining.

"Rap is still a very guy to guy conversation," he says, explaining where the song came from. "We're leaving people out of the conversation. We need to open it up more."

Another thought-provoking tune is the what's-the meaning-of-life track A Good Name. In it Shad explores the roots of his name and in the process touches on some existential issues about life and personal history. "That's a lot of where hip-hop is," he says. "It's about where you come from and taking pride."

The disc could easily thrust the talented MC into the same stratosphere as K'naan or k-os. And while American hip hop is still the place most people look to for their raps, Shad jokes that soon enough his Canadian cohorts will be the dominant ones. "I just have to sit down with my co-conspirators and figure out how we're going to make our move."

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

Husband of Brittany Murphy found dead

PEOPLE The husband of Brittany Murphy was found dead at his Los Angeles home late Sunday, five months after the Hollywood actress died, police said. Simon Monjack was 39.

The preliminary cause of the death of the British screenwriter is natural causes.

"We concluded there no signs of foul play or any criminal activity involved," said Sgt. Alex Ortiz, a police spokesman.

Firefighters responding to an emergency call from a woman at 9:40 p.m. found Monjack dead at a Hollywood Hills home. Ortiz said he didn't know who called. Monjack and Murphy had shared the home with Murphy's mom, Sharon. THE ASSOCIATED PRESS

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primetime 5/25/10	251	308	3 CBC	(6:00) NHL Hockey Chicago Blackhawks at San Jose Sharks.				To Be Announced		CBC News: The National		(:05) The Hour
	254	-	8 OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		Omni News: Punjabi Edition		Law & Order: Criminal Intent		News
	250	321	9 CTV	etalk (CC)	Access H.	American Idol (CC)		Dancing With the Stars The winner is revealed. (CC)				CTV News
	-	-	10 JOY	Frasier (CC)	The Insider	Islam 101 (CC)		Enigma "Hypnosis" (CC)		P3	Diya (CC)	New Day
	252	336	11 GTV	Entertainment	ET Canada	NCIS "Rule Fifty-One" (CC)		Glee "Theatricality" (N) (CC)		The Good Wife "Running"		News
	256	389	12 VI	Degrassi: TNG	TMZ (N) (CC)	Dancing With the Stars (CC)		Anaconda ★ (1997, Suspense) Jennifer Lopez, Ice Cube. (CC)				A News (N)
	253	359	13 CITY	The Office	The Office	The Biggest Loser One contestant wins the grand prize.				Parenthood "Lost and Found"		EP Daily
	-	-	14 CW	The Office	The Office	Life Unexpected (CC)		90210 "To New Beginnings!"		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Rule Fifty-One" (CC)		NCIS: Los Angeles (CC)		The Good Wife "Running"		KIRO 7 News
	287	379	16 NBC	Evening Mag.	Inside Edition	The Biggest Loser One contestant wins the grand prize.				Parenthood "Lost and Found"		KING 5 News
	602	568	19 W	Supernanny "Addis Family"		Sex and City	Beauty	Beauty Call	Style by Jury	Circle of Friends (2006, Suspense) Julie Benz.		
	288	380	24 ABC	Wheel Fortune	Jeopardy! (N)	Dancing With the Stars (CC)		Dancing With the Stars The winner is revealed. (CC)				KOMO 4 News
	-	-	26 KVOS	M*A*S*H	M*A*S*H	Little Black Book ★★ (2004) Brittany Murphy, Holly Hunter.				Seinfeld	King	Cold Case
	291	383	27 PBS	West Coast	Steves Europe	NOVA (CC) (DVS)		Frontline "Flying Cheap"		Independent Lens (N)		Menopause
	290	382	28 FOX	Two/Half Men	Two/Half Men	American Idol (CC)		Glee "Theatricality" (N) (CC)		Q13 FOX News at Ten (N)		Family Guy
	-	364	43 PBS	Gubernatorial Debate		Foot in Grave	After You	Tavis Smiley	Charlie Rose (N) (CC)		NOVA (CC) (DVS)	
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	The Office	Name Is Earl	South Park	Half & Half	Paid Program	Street Court	Cold Case
	298	653	35 TLA	Two/Half Men	Two/Half Men	Life Unexpected (CC)		90210 "To New Beginnings!"		KTLA 5 News at 10 (N) (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Friends (CC)	Friends (CC)	Maury (CC)	
	297	652	37 WPX	PIX News at Ten (N) (CC)		Two/Half Men	Friends (CC)	Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)
	199	311	76 STR	CTV News	NTV Latenight News		Late Show W/Letterman		Late Late Show/Ferguson		Inside Edition	Seinfeld
news	502	390	68 NW	CBC News: The National (N)		CBC News: The National (N)		CBC News: The National		CBC News: the fifth estate		National
	500	500	69 CNN	Anderson Cooper 360 (N) (CC)				Larry King Live		Anderson Cooper 360		Cooper 360
sports	407	419	22 RSP	MLB Baseball Toronto Blue Jays at Los Angeles Angels of Anaheim. (Subject to Blackout)						Sportsnet Connected		Sportsnet
	400	400	60 TSN	NBA Basketball: Lakers at Suns			SportsCentre (Live) (CC)		2010 Powerade Jam Fest			SportsCentre
	411	457	49 OLN	Ghost Hunters (CC)		Destination Truth (CC)		Operate-Repo	Operate-Repo	Ghost Hunters (CC)		Ghost Hunters
	410	403	54 SCR	Score Now		Score Now		Score Now		Score Now		Final Score
	417	406	65 SC	Dangerous Drives		Pass Time	NASCAR Hub	Race in 60		Monster Jam		Danger-Drives
	416	409	144 GLF	(6:00) Soccer		La Liga 360		Gol TV News	Hallo	Paid Program	Toronto FC Game In and Hour	
family	552	543	25 YTV	That's-Weird	Family Biz	Malcolm-Mid.	Hates Chris	Simple Rules	Family Biz	To Be Indie	Family Biz	Prank Patrol
	555	545	50 TEL	Johnny Test	Total Drama	Total Drama	6TEEN	Futurama	King of Hill	American Dad	Futurama	Chicken
	557	541	51 FAM	Sonny-Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	553	546	53 TRE	Little Bear	Toopy	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Frontiers of Construction		Myths and Heroes		Who Killed Miracle? (N) (CC)		Saving Luna (CC)		Baseball Girls
	575	583	20 CMT	Home Imp.	Home Imp.	Meet-Wilsons	Meet-Wilsons	Amer. Funniest Home Videos		Reba (CC)	Reba (CC)	According-Jim
	570	580	42 MM	Degrassi	Video on Trial	UR11		I Was 17	I Was 17	Styl'd "The Comeback Kid"		MuchMeg
	600	564	48 H&G	House	House	Holmes on Homes (CC)		Sarah's House	Genevieve	Outdoor Room	Curb/Block	House
	615	520	61 A&E	Criminal Minds "Limelight"		CSI: Miami "Tipping Point"		(:01) Criminal Minds (CC)		(:01) Criminal Minds (CC)		Criminal
	628	584	62 SPKE	Deadliest Warrior (N)		Deadliest Warrior		Real Vice Cops Uncut		CSI: Crime Scene Invstgtn.		Trek: Voyager
	521	560	64 TLC	Conjoined Twins: Sister Bond		6 Going on 60 (CC)		19 Kids-Count	19 Kids-Count	Conjoined Twins: Sister Bond		Best Food
	616	522	63 SHO	Relic Hunter (CC)		The Party Never Stops (2007, Drama) Sara Paxton. (CC)				Californication	Secret Diary	(:15) NCIS
	620	523	40 BVO	Spectacle: Elvis		Law & Order "Haven" (CC)		Without a Trace "Shattered"		Last Mogul: Life and Times of Lew		
	601	562	41 SLC	Wedding SOS	Wedding SOS	ET Canada	What	Housewives/OC		Housewives/NYC		Projct Runway
	520	505	42 DIS	Deadliest Catch "False Pass"		Daily Planet (CC)		Destroyed	Destroyed	Deadliest Catch "False Pass"		How It's Made
	522	506	44 HIS	Aftermath (CC)		Cities of the Underworld		Pawn Stars	Pawn Stars	Nostradamus Effect (CC)		Storm Planets
	627	528	45 SPC	Fringe "Over There, Part 2"		InnerSPACE: Fringe (N) (CC)		Stargate SG-1 "Sacrifices"		Star Trek: Next Gener.		Trek: Voyager
	294	650	47 TBS	The Office	The Office	Lopez Tonight		Name Is Earl	Name Is Earl	Sex and-City	Sex and-City	Lopez Tonight
	619	525	48 TROP	The Celebrity Apprentice Mr. Trump chooses a winner. (CC)				Dog Whisperer (CC)		End of Leash	Last 10	Tube Tales
	603	561	52 FN	Chefs vs. City (CC)		Restaurant Makeover (CC)		Diner, Drive-In	Unwrapped	Dinner: Impossible (CC)		Chefs vs. City
	-	-	53 AMC	(5:00) Unforgiven ★★★★		Unforgiven ★★★★ (1992, Western) Clint Eastwood, Gene Hackman, Morgan Freeman.						Dragon: Bruce
	626	547	57 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Conchords	Awesome	Daily Show
	320	621	30 CEN	(6:30) The Uninvited ★★ (CC)		Land of the Lost ★ (2009) Will Ferrell. (CC)			(:45) Sex Drive ★★ (2008, Comedy) Josh Zuckerman. (CC)			
	581	566	101 MTV	The Hills	After	MTV Live	Sex News	The City	The City	The Hills	After	MTV Live
	261	394	102 V	Unscripted (N)	Driven-Vision	Doc (CC) (DVS)		Of Mice and Men ★★★ (1992, Drama) John Malkovich, Gary Sinise. (CC)				
	-	-	105 MUL	Wang Gui	Immortal	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics'corner

NCIS: Los Angeles

Callen (Chris O'Donnell) tries to find a woman with information about his past — and, indeed, his identity — as well as a forgotten fortune that is earmarked to fund a new war in the Middle East before a ruthless adversary gets to her. LL Cool J and Linda Hunt also star in the first season finale. 9 PM on CBS

Glee

Everybody go Gaga now! In this new episode, Will (Matthew Morrison) wants his charges to use the music of Lady Gaga as their springboard for self-expression. Meanwhile, Rachel (Lea Michele) has an encounter that could change her life, and Tina (Jenna Ushkowitz) experiments with a new look. Broadway stars Idina Menzel ("Wicked") and Jonathan Groff ("Spring Awakening") guest star in "Theatricality." 6 PM on STR, 9 PM on GTV FOX

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Back to Carlawood

Canadian comedian ups drama in new season

IAN JOHNSTON
for Metro Canada

One year-plus into their marriage, Carla Collins and Tyrone Power Junior are still together and still making their confessional documentary series Carlawood.

Which may be a bit of a surprise to some viewers. I mean — what does a boisterous comic gal from Sault St. Marie, Ont., have in common with the quiet, low key offspring of a Hollywood legend?

"He's from this crazy Hollywood family and just rolls with everything I do," says Collins, who kicked off her second season of Carlawood on Monday.

Season 2 of Carlawood premieres Monday night on TVTropolis

"The fact we're different is probably why he married me. We got different energies. Like Desi and Lucy."

Maybe so. As evidenced by Carlawood, they do have chemistry — when they find the time to be together. Truth is, Collins' efforts to make a splash as a green-card-wielding actress and charity fundraiser often take her away her away from home and husband. Even Collins' first love — stand-up comedy — has taken a back seat in recent years.

Carla Collins returns with another season of Carlawood.

But not anymore. "(Yuk Yuk's) Mark Breslin said to me that you can't just do comedy every six months. You got to go up every week," says Collins.

"So I started going up on stage at these improv clubs in L.A. It's been great fun.".

Not that Collins' has been totally shying away from the funny. She just finished a autobiographical self-help book — Angels, Vampires and Douche Bags — which is chock full of odd, personal stories and advice.

"It's very confessional. And funny. It was great fun to write. And I've got some great reviews in the American press, which is a first."

The writing of her book is just one bit of drama from this season of Carlawood. One darker storyline involves the death of a family pet. It was one of the few moments that Carla wondered whether to let the cameras roll.

"This is a show about entertainment. So I thought about not putting it on camera but in the end we just let the cameras roll," says Collins, who doesn't like to display certain aspects of her personal life.

"I'm very protective of my family on the show. Though I do have my ex-husband on this year."

DVD picks

The Road

Director: John Hillcoat

EVEN WHEN HOPE has been exhausted, there is always love. This is what sustains us in watching the struggles of a father and son in John Hillcoat's bleakly inspiring adaptation of Cormac McCarthy's apocalyptic novel The Road.

Viggo Mortensen and Kodi Smit-McPhee are that unnamed father and son, and we have no real reason to expect a positive outcome for them. The world has been nearly shorn of life by an unnamed but likely man-caused calamity.

Yet we marvel at the bond between parent and child and their determination to keep "carrying the fire" for as long as they can.

The Road is a horror movie — cannibalism has replaced civilization — but it's an uncommonly smart and deep one. There's an Old Testament directness to McCarthy's prose, which screenwriter Joe Penhall has faithfully adapted.

A movie this austere demands much of its actors. American journeyman Mortensen and Australian newcomer Smit-McPhee are more than up to the task, delivering stellar performances as flawed yet redeemable humans.

Extras include a commentary by Hillcoat, deleted scenes and a making-of featurette.

Extraordinary Measures

Director: Tom Vaughan

A TITLE CARD advises us that this medical drama, efficiently directed by Tom Vaughan (Starter For Ten), is "inspired by true events." That's Hollywood code for factual liberties that have been taken.

For example, Harrison Ford's irascible scientist character, Dr. Robert Stonehill, is based on several irascible scientists. And the real family seeking a medical miracle, headed by determined businessman John Crowley (Brendan Fraser), lives in New Jersey rather than the picturesque Oregon seen in the film.

The movie actually works better as an instructional video on the flaws of the American medical system than it does as melodrama.

Peter Howell/for Metro Canada

Francis gone wild?
Girls Gone Wild creator Joe Francis is once again being accused of attacking a woman after a reported scuffle at his company's offices in Santa Monica, Calif., according to Radar Online. METRO NEWS SERVICES

Celebrity Buzz

No place for dad at Brand wedding

ALL ABOUT HIS MOTHER Russell Brand hasn't invited his father to his wedding, femalefirst.co.uk reports.

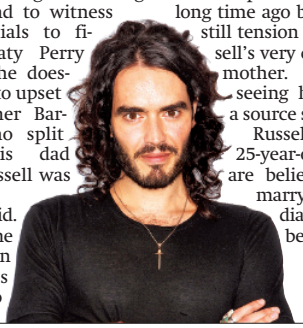
The British comic star has decided against asking Ron Brand to witness his nuptials to fiancée Katy Perry because he doesn't want to upset his mother Barbara, who split from his dad when Russell was a child.

Ron said. "No one has been invited. It's going to be a very small wedding." A family friend insists 66-year-old Ron respects his son's decision, though he is upset at missing the big day.

"The split happened a long time ago but there is still tension there. Russell's very close to his mother. He hates seeing her upset," a source says.

Russell, 34, and 25-year-old Katy are believed to be marrying in India this October.

METRO WORLD NEWS



Lohan lockdown

LAYING DOWN THE LAW FOR LILO A judge has refused a request by Lindsay Lohan's lawyer to ease restrictions involving drug and alcohol testing on the actress so she can film a movie in Texas.

Lohan appeared sombre and concerned yesterday when she conferred with her lawyer about attaching an alcohol-monitoring bracelet to her ankle and requiring drug testing every week in the Los Angeles area.

Lohan's lawyer, Shawn Holley, told the judge Lohan was planning to travel to Texas to film a movie, but the judge suggested the actress may have to delay the project.

The judge also set a probation violation hearing for July 6 to address Lohan's failure to appear in court last week for a scheduled progress report on her probation stemming from two arrests in 2007.

Lohan, 23, arrived in the Los Angeles area Saturday after a flight from Europe, where she spent a few days at the Cannes Film Festival and partying into the wee hours on the day she was supposed to be in court.

She was to be arrested upon her return to Los Angeles for missing the mandatory hearing, but the judge recalled the warrant Thursday after Lohan posted bail.

THE ASSOCIATED PRESS

Follow these celebrities on Twitter...

CelebTweets

WILLIAM SHATNER is priceless, **SAMANTHA RONSON** is not a happy customer and **JUSTIN BIEBER** is dealing with obnoxious friends.

@WilliamShatner Someone just asked me if I know who owns the legal rights to my face. Either way, you couldn't afford it.

@samantharonson Dear Lufthansa, your carry on rules suck! Oh wait- so does your food- and everything else. Dear everyone else- don't fly them!

@justinbieber i wasnt hacked...my friend was messing with my twitter. guess i got some of my own medicine :) everything is all good.

Witherspoon can't get enough of Toth

WHO WOULDN'T WANT TO MOVE INTO A $5M MANSION? Reese Witherspoon and CAA agent Jim Toth are ready to move in together, according to Us Weekly. Witherspoon has plenty of room to accommodate Toth, owning a $5 million US mansion in L.A.'s Brentwood neighbourhood.

METRO WORLD NEWS

Brit takes it out on hair

WHAT A TRESS-BUSTER Britney Spears' hair suffered from another meltdown by the pop singer, according to In Touch. During a Mother's Day trip to Disney Land, Spears and boyfriend Justin Trawick reportedly had an argument that led to Spears locking herself in her room.

"She started out crying hysterically and refused to go out," a source tells the magazine.

"Jason and the boys were left sitting with the nanny all day. They never got to meet Mickey Mouse." While locked away, Spears reportedly ordered a pair of scissors delivered to her room and started cutting her hair off.

"When the cleaners came to the room, so much hair had been flushed down the toilet, it was blocked," the source adds.

METRO WORLD NEWS

You don't have to tell her everything

JUST LET HER KNOW IF YOU HAVE A SECOND WIFE Katherine Heigl admits that it's OK for couples to keep secrets from each other. "I don't think my husband does," she says, though she insist she doesn't mind if he does. "I think if he had a second wife in Spain, that would probably be too big a secret to keep, but if he's using Rogaine, that's OK."

METRO WORLD NEWS

Fox 'too thin' for Transformers 3?

JUST CGI THOSE CURVES Megan Fox's falling out with Michael Bay that led to her leaving Transformers 3 was over her weight, according to the Sun.

"Megan stormed out after a huge row with Michael Bay," a source says. "He thinks she has lost too much weight and looks too frail."

METRO WORLD NEWS

JONAH HILL
RUSSELL BRAND
Aaron Green has 72 hours to get a Rock Star from London to L.A.
Pray for him.
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Today Showers 40% 15°/11°

Wednesday Showers 40% 14°/11°

Thursday Partly cloudy 16°/11°

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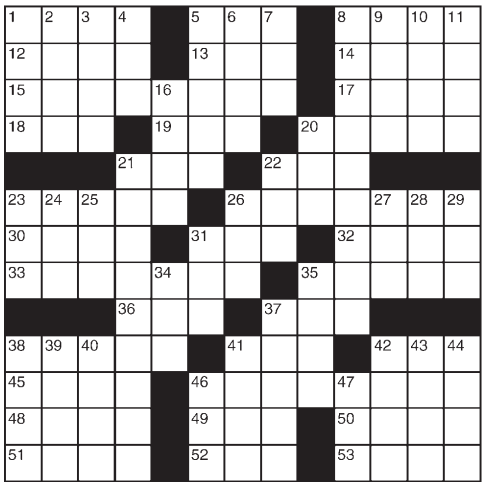


ACROSS

1 Frilly, in a way
5 Silent
8 Carey or Barrymore
12 Soprano's solo
13 Raw rock
14 Libertine
15 "Don't touch" warning of a sort
17 Knitter's need
18 Put into words
19 Store sign abbr.
20 Seafood entree
21 "— good deed"
22 Four qts.
23 Mad
26 Dealer in rocks
30 Oodles
31 Aries
32 Aviation-related
33 Tremble
35 Sleep soundly?
36 Lummox
37 — -relief
38 Nick
41 Press for payment
42 Wrestling surface
45 Out of control
46 Divers' gear
48 Unembellished
49 Toward the stern
50 Utter failure
51 Oklahoma city
52 Prepare Easter eggs
53 "How clumsy of me!"

DOWN

1 Legislations
2 Vicinity
3 Urban area
4 Shrill bark
5 Ballerina Shearer
6 Coffee shop vessels
7 Encountered
8 Washes without water
9 Bellow
10 Multinational money
11 Make one's way
16 Sailor's greeting
20 Spotted
21 Car "in the shop" ship : —
22 Item for 26-Across
23 Mornings (Abbr.)
24 "Unh-unh"
25 Wildebeest
26 Pickle holder
27 Writer Buscaglia
28 Blunder
29 Shad offering
31 Ump
34 Doo follower
35 Without
37 Montana city
38 Appellation
39 Portent
40 Actress Spelling
41 Go up against
42 Venus de —
43 On
44 Recipe measures (Abbr.)
46 Bankroll
47 Faraway craft (Abbr.)

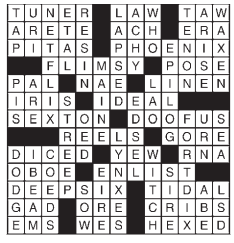
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

2		1				6		
	3	5		6	8	2		
	4		7		1		5	
6	7		4				1	
			1	9	6			
	2				7		9	6
	8		6		3		7	
		7	8	4		1	2	
		4				8		5

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



6	1	8	4	2	3	7	9	5
9	2	4	5	1	7	6	8	3
5	7	3	8	6	9	4	1	2
1	4	7	3	9	8	5	2	6
8	6	5	7	4	2	9	3	1
2	3	9	1	5	6	8	7	4
7	5	2	6	8	1	3	4	9
3	9	6	2	7	4	1	5	8
4	8	1	9	3	5	2	6	7

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Crawfish Étouffée

INGREDIENTS:

1/3 cup all-purpose flour
1/2 cup vegetable oil
1 green pepper, chopped
1 onion, chopped
1 cup chopped celery
398 ml can tomato sauce
1 cup water
1 tbsp Worcestershire sauce
1 tsp garlic powder
1 tsp paprika
1 tsp lemon juice
3/4 tsp Creole seasoning
1 kg frozen cooked crawfish tails, thawed
Hot cooked rice

METHOD:

1. In heavy Dutch oven, whisk flour and oil until smooth. Cook over medium-high heat 5 minutes, whisking constantly. Reduce heat to medium; cook and stir 10 minutes longer or until mixture is reddish-brown.
2. Add green pepper, onion and celery; cook and stir 5 minutes. Add tomato sauce, water, Worcestershire sauce, garlic powder, paprika, lemon juice and Creole seasoning. Bring to boil.
3. Reduce heat; cover and simmer for 45 minutes. Add crawfish; heat through. Serve with rice.

SERVES 8

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton

sallybrompton.com For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Don't hold back today. If there is something that needs to be said then say it and don't worry what the consequences might be.

TAURUS ♉
APRIL 21-MAY 21
If you have an hour or two to yourself today, write down all those brilliant ideas that have been flooding into your brain of late.

GEMINI ♊
MAY 22-JUNE 21
Don't burden yourself with worries that what you intend to do may not meet with others' approval. What matters is that you approve of it.

CANCER ♋
JUNE 22-JULY 22
The Sun's transit of the most sensitive area of your chart is likely to make this a more reflective phase, but that is not an invitation to worry yourself sick.

LEO ♌
JULY 23-AUG 23
Something in your life has run its course and must now be left behind. Something else is coming into your life and must be embraced.

VIRGO ♍
AUG 24-SEPT 22
Your mind may be full of great ideas but what are you going to do with them all? You will get the chance to apply some of those ideas.

LIBRA ♎
SEPT 23-OCT 23
Do something positive with your talents, something that boosts your status and reminds the world that you are someone to be taken seriously.

SCORPIO ♏
OCT 24-NOV 22
You can be ruthless when the need arises and there is one particular thing you want so much that you will do almost anything to get your hands on it.

SAGITTARIUS ♐
NOV 23-DEC 21
It may seem to you as if others are making a point of disagreeing with you every chance they get but are they really or are you overreacting?

CAPRICORN ♑
DEC 22-JAN 20
Start thinking ahead and planning what you would like to do when Saturn, your ruling planet, moves in your favor again on the 30th.

AQUARIUS ♒
JAN 21-FEB 18
Whatever it is you are planning to do you are strongly advised to begin it immediately. The more you keep putting it off the less likely you will finish it.

PISCES ♓
FEB 19-MARCH 20
What happens today or tomorrow is likely to upset a number of things you have come to rely on, but is that really such a bad thing?

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Deals of the week

Sun Destinations

CUBA
Santa Clara

Sol Cayo Santa Maria • 3 1/2★
All-Inclusive • Standard rm.
May 29 – June 19 • 1 wk.
$379
+Taxes & other fees (including service charges): $228

Barceló Cayo Santa Maria • 4★
All-Inclusive • Junior suite
May 29 – June 19 • 1 wk.
$439
+Taxes & other fees (including service charges): $228

COSTA RICA
Liberia via Toronto

Occidental Grand Papagayo • 4 1/2★
All-Inclusive • Deluxe rm.
June 5, 12 & 19 • 1 wk.
$989
+Taxes & other fees (including service charges): $226

LAS VEGAS
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MGM Grand Hotel & Casino • 4 1/2★
Hotel rm. – Grand Tower
July 10 • 3 nts.
$75 resort credit
$499
+Taxes & other fees (including service charges): $148

MEXICO
Cancun/Riviera Maya

Occidental Grand Xcaret • 4 1/2★
All-Inclusive • Deluxe rm.
June 20 • 1 wk.
$699
+Taxes & other fees (including service charges): $292

Grand Sirenis Riviera Maya Hotel & Spa • 5★
All-Inclusive • Junior suite
June 20 • 1 wk.
$719
+Taxes & other fees (including service charges): $292

MEXICO
Puerto Vallarta/Riviera Nayarit

Canto Del Sol Plaza Vallarta • 3 1/2★
All-Inclusive • Standard rm.
June 5–19 • 1 wk.
$499
+Taxes & other fees (including service charges): $270

Dreams Villamagna Nuevo Vallarta • 4 1/2★
Unlimited-Luxury®
Junior suite tropical view with jacuzzi
June 5–19 • 1 wk.
PRIVILEGES
$899
+Taxes & other fees (including service charges): $270

SAINT LUCIA via Toronto

Coconut Bay Beach Resort & Spa • 4★
All-Inclusive
Deluxe garden view rm.
June 6 & 13 • 1 wk.
PRIVILEGES
$2089
+Taxes & other fees (including service charges): $248

DOMINICAN REPUBLIC
Punta Cana via Toronto

Occidental Grand Punta Cana • 4★
All-Inclusive • Junior suite
June 5–19 • 1 wk.
$679
+Taxes & other fees (including service charges): $324

HAWAII
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Maui via Vancouver
Aston at the Maui Banyan • 3★
Value rate - Hotel rm. standard
June 19 • 1 wk.
$899
+Taxes & other fees (including service charges): $148

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Norwegian Dawn
Bermuda Cruise
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CUBA | Varadero

Iberostar Laguna Azul • 4 1/2★
All-Inclusive • Standard rm.
May 30 – June 20 • 1 wk.
$799
+Taxes & other fees (including service charges): $228

Iberostar Varadero • 4 1/2★
All-Inclusive • Standard rm.
May 30 – June 20 • 1 wk.
$949
+Taxes & other fees (including service charges): $228

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